

**Effective May 1, 2018**

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   | Sunday   |  |
|--|---|---|--|--|--|--|--|
| TABATA<br>6:25 - 7:00am<br>DAVID<br>DI         |   | CYCLE CIRCUIT<br>6:15 - 7:00am<br>CYNTHIA<br>T      |  | KETTLEBELL<br>6:15 - 7:00am<br>HELEN<br>T  |  |  |  |
| <b>NEW</b>                                     | BOOTCAMP<br>9:15 - 10:00am<br>STEPH<br>(GYM) DI | YIN YOGA<br>8:00 - 8:45am<br>PAT<br>DI              | KETTLEBELL<br>9:15 - 10:00am<br>HELEN<br>T                 | MET CON<br>9:15 - 10:00am<br>ROBERT<br>DI  | BOOTCAMP<br>8:00 - 8:45am<br>VARIES<br>DI        | <b>FAMILY YOGA</b><br>11:30-12:15 PM<br>EVERY 4 <sup>TH</sup> SUNDAY<br>AGES 4+ FREE |  |
| ZUMBA FITNESS<br>9:15 - 10:00am<br>JULIA<br>DI | FIT BODIES<br>9:15am-10:00am<br>KAREN<br>DI     | CYCLE<br>9:15 - 10:00am<br>MAUREEN<br>T             | FIT BODIES<br>9:15 - 10:00am<br>KAREN<br>(GYM) DI          | STRETCH<br>10:15 - 11:00am<br>ANITA<br>DI  | YOGA<br>9:00 - 10:00am<br>DANIELA<br>DI          | CYCLE CIRCUIT<br>9:00 - 9:45am<br>VARIES<br>T  |  |
| STRETCH<br>10:15 - 11:00am<br>ANITA<br>DI      | Barre<br>10:15am-11:15am<br>ANITA<br>DI         | STRONG BY ZUMBA<br>10:15 - 11:15am<br>DANIELA<br>DI | PILATES<br>10:15 - 11:00am<br>ANITA<br>DI                  |  | ZUMBA FITNESS<br>10:15 - 11:00am<br>AURORA<br>DI | YIN YOGA<br>10:00 - 11:00am<br>PATRICIA<br>DI  |  |
| BOOTCAMP<br>6:00 - 6:45 pm<br>KYLE<br>DI       | MMA CIRCUIT<br>6:00pm-6:45pm<br>ROB<br>DI       | W.O.D<br>6:00 - ??? pm<br>ENRICO<br>DI              | MMA CIRCUIT<br>6:00 - 6:45pm<br>ROCKY<br>DI                | <b>LEISURE CENTRE HOLIDAY SCHEDULE</b><br><b>MONDAY MAY 21- CLOSED</b><br><br><b>FITNESS STUDIO CLOSURE</b><br><b>MAY 17 - 21</b><br><b>** PLEASE REVIEW MODIFIED GROUP FITNESS CLASS SCHEDULE POSTED IN THE FITNESS CENTRE.</b> |  |  |  |
| KETTLEBELL<br>7:00 - 7:45pm<br>HELEN<br>T      | ZUMBA FITNESS<br>7:00pm-7:45pm<br>AURORA<br>DI  | Kelani DANCE<br>7:00 - 7:45pm<br>IOANA<br>(GYM) DI  | ZUMBA FITNESS<br>7:00 - 7:45pm<br>TARA / JULIA<br>(GYM) DI |  |  |  | STRONG BY ZUMBA<br>6:30 - 7:30pm<br>DANIELA<br>D |
|  | YOGA<br>7:00pm-8:00pm<br>SUE<br>(MPR) DI        | CYCLE<br>7:00 - 7:45pm<br>VARIES<br>T               | TABATA<br>7:00 - 7:35pm<br>ENRICO<br>DI                    |  |  |  |  |
| PILATES<br>8:00 - 8:45pm<br>IOANA<br>DI        | MET CON<br>8:00 - 8:45pm<br>ROBERT<br>DI        | YOGA<br>8:00 - 9:00pm<br>DANIELA<br>DI              | CYCLE<br>8:00 - 8:45pm<br>ROBERT<br>T                      |  |  |  |  |
| <b>AQUAFITNESS</b>                             |   |   |  |  |  |  |  |
| 9:15 - 10:00 am<br>HEATHER<br>T                | 10:45 - 11:30 am<br>KAREN<br>T                  | 9:15 - 10:00 am<br>DONNA<br>T                       | 10:45 - 11:30 am<br>KAREN<br>T                             | 10:30 - 11:15 am<br>DONNA<br>T   | 8:00 - 8:45 am<br>PENNY<br>T                     |  |  |
| 7:45 - 8:30 pm<br>JANINE<br>T                  |   | 7:45 - 8:30 pm<br>JANINE<br>T                       |  |  |  |  |  |

### CHILD MINDING SERVICES

**\*\*90 minute maximum/ 6 yrs & under**

**Effective Jan 2<sup>nd</sup>**

Mon - Fri 9:00am-12:00pm

Mon - Wed 5:45pm-8:00pm

Saturday 8:00am- 11:30am

Member: \$30.00/ 25 pass OR \$3.75/ visit

Non-member: \$4.25/ visit

Please see the Customer Service Desk for more information.



– INDICATES NEW CLASS, TIME OR INSTRUCTOR

T – INDICATES TOKEN REQUIRED

R (\$) – INDICATES REGISTRATION REQUIRED

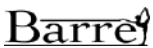









































DI – INDICATES DROP-IN, NO REGISTRATION REQUIRED

(MPR) – CLASS WILL BE LOCATED IN THE MULTI PURPOSE ROOM

(GYM) – CLASS WILL BE LOCATED DOWNSTAIRS IN THE GYM




– HEART FRIENDLY

| CLASS  | DESCRIPTION   | Flexibility   | Cardio  | Strength  | Gentle  |
|--|---|---|---|---|---|
|  <b>Barre</b>                | Barre will mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music.   |    |   |    |   |
| <b>BOOTCAMP</b>  | This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.   |   |    |    |   |
| <b>CYCLE</b>   | This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training   |   |    |   |   |
| <b>CYCLE CIRCUIT</b>   | You never know what's in store! A combination of 20 - 25 min of cycle followed by 10 -15 min of weight training - or – Alternate between the two. Truly a complete workout.   |   |    |    |   |
| <b>CIRCUIT</b>   | Spice up your workouts with this CIRCUIT class. Experience variety, and intensity in this heart pumping, calorie burning class.   |   |    |    |   |
| <b>FIT BODIES</b>  | This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.                                    |    |   |    |    |
|  <b>Kelani</b>               | This is a Polynesian Dance inspired, hip shakin', body lovin', chakra rockin' class with an island twist. **No previous dance experience required!  |   |    |   |    |
| <b>KETTLEBELL</b>  | A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.   |   |   |    |   |
| <b>MET CON</b>   | This <b>Metabolic Conditioning</b> class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!                               |   |    |    |   |
| <b>MMA CIRCUIT</b>   | Mixed Martial Arts is one of the fastest growing sports today! This circuit style class teaches a combination of MMA movements.   |   |    |    |   |
| <b>PILATES</b>   | This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.  |    |   |    |    |
| <b>POWER YOGA</b>  | A powerful, dynamic & sweaty class for all levels designed to challenge, awaken, detoxify & purify every system. This energetic flow style class guides participants to and increased sense of awareness and empowerment. |  |   |  |   |
| <b>PUMP</b>  | This class is designed to help you increase your strength, shape and tone all major muscle groups. Enjoy the benefits of weight training in this high-energy group setting.   |   |   |  |   |
| <b>STRETCH</b>   | No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!   |  |   |   |  |
|  <b>STRONG</b><br>BY ZUMBA | Combines HIIT with synced music motivation. This is not dancing; it's musically synced body weight movements at fast paced rhythms!   |   |  |  |   |
| <b>TABATA</b>  | 6 exercises with 3 minutes of intervals! 20 seconds of work followed by 10 seconds of rest. Get in, Get out, Goodnight!   |   |  |  |   |
| <b>W.O.D</b>   | The science based <b>Workout Of the Day</b> workouts can last anywhere from 10 -20 mins, but sweat is guaranteed! This class may be the challenge you're looking for.   |   |  |  |   |
| <b>YOGA</b>  | Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome  |  |   |   |  |
| <b>YIN YOGA</b>  | This diverse style of yoga holds poses for a longer period of time to access the deeper connective tissues of the body.   |  |   |   |  |
|  <b>ZUMBA</b><br>FITNESS   | Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!  |   |  |   |   |

# FITNESS STUDIO CLOSURE

PLEASE NOTE THE FOLLOWING GROUP FITNESS CHANGES DUE TO FITNESS STUDIO MAINTENANCE ON **MAY 17 – 21/ 2018**

| CLASS  |               | DATE              | LOCATION                        |
|--|---------------|-------------------|---------------------------------|
| FIT BODIES   | 9:15 am       | THURS MAY 17      | Multi- Purpose Room WEST        |
| <b>*KBELL CIRCUIT</b>  | 9:15 am       | THURS MAY 17      | Indoor Track                    |
| PILATES  | 10:15am       | THURS MAY 17      | Multi- Purpose Room WEST        |
| MMA CIRCUIT  | 6:00pm        | THURS MAY 17      | Multi- Purpose Room WEST        |
| TABATA   | 7:00pm        | THURS MAY 17      | Multi- Purpose Room WEST        |
| CYCLE  | 8:00pm        | THURS MAY 17      | Multi- Purpose Room WEST        |
| KETTLEBELL   | 6:15am        | FRI MAY 18        | Multi- Purpose Room WEST        |
| MET.CON  | 9:15am        | FRI MAY 18        | Multi- Purpose Room WEST        |
| STRETCH  | 10:15am       | FRI MAY 18        | Multi- Purpose Room WEST        |
| STRONG   | 6:30pm        | FRI MAY 18        | Multi- Purpose Room WEST        |
| <b>BOOTCAMP</b>  | <b>8:00am</b> | <b>SAT MAY 19</b> | <b>Multi- Purpose Room WEST</b> |
| YOGA   | 9:00am        | SAT MAY 19        | Multi- Purpose Room WEST        |
|  ZUMBA FITNESS | 10:15am       | SAT MAY 19        | Multi- Purpose Room WEST        |
| CYCLE CIRCUIT  | 9:00am        | SUN MAY 20        | Indoor Track                    |
| YOGA   | 10:15am       | SUN MAY 20        | Multi- Purpose Room WEST        |

THANK YOU